

# Barbeque Beef

**Makes:** 8 Servings

This recipe is delicious on its own, served with either rice or potatoes and vegetables. Or try spooning the cooked beef onto a sandwich roll.

## Ingredients

**1** frozen beef roast (2 pounds, thawed)

**4 cloves** garlic (chopped)

**1/2 teaspoon** black pepper

**1 1/2 cups** barbecue sauce

## Directions

1. Preheat oven to 425 degrees F.
2. Place beef roast in a roasting pan. Rub garlic and pepper on the roast and put in the oven for 30 minutes.
3. Turn oven down to 325 degrees F, and roast another 2 to 3 hours or until beef is tender enough to be pulled apart with a fork.
4. Remove from oven. Shred beef by pulling it apart with a fork into a bowl.
5. Pour barbecue sauce and garlic over beef. Stir well.

**Source:** Recipe adapted from Food.com

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>390</b>
Total Fat	18 g
Saturated Fat	7 g
Cholesterol	110 mg
Sodium	440 mg
Total Carbohydrate	6 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>47 g</b>
Vitamin D	N/A
Calcium	22 mg
Iron	4 mg
Potassium	N/A
N/A - data is not available	